

### This I Believe

Do you believe that a mere change in your thoughts can bring about a tremendous change in your life? World-renowned author on positive thinking, Norman Vincent Peale, once said, “Change your thoughts and you change your world.” It might sound too exaggerating but thought is indeed a very powerful tool. After having been through many challenges and adversities, I have come to believe that my thoughts can really affect the circumstances I am in. Thinking positive thoughts helps me to change negative into positive and when I believe in myself, I am able to achieve what I set out to do. Thus, I believe that true power lies in my thoughts.

A time when I have truly believed that your thoughts can change your world was when I was eleven years old. I was often tormented by my inferiority feelings, lack of confidence and self-doubt when I was much younger and even up to primary school, I would be afraid to even attempt mathematic questions that I thought I would not know how to do. One day at the age of eleven, I was feeling really moody because of not being able to solve a mathematics question which I barely attempted because I was too afraid. My father then came to me and left me with a few but invaluable words that I will never forget. He told me to have faith in my abilities and to always believe in myself, only then will I be able to succeed. I then heeded his advice and finally managed to solve the mathematics question.

From then on, whenever I am given a new task, my father’s words will resonate in my mind and when I believe that I can do it, I am no longer afraid to put in effort to solve the problem. Believing in myself and filling my mind with thoughts of faith, confidence and security, I am able to unleash my full potential and achieve success.

Last year when I received my geography mid-year examination paper results, I was very disappointed in myself as my results were far below my expectations. Despite being depressed, I tried my best to fill my mind with positive thoughts and look on the bright side of things. I told myself that this examination had given me a chance to learn from my mistakes and not commit the same mistakes in the end-of-year examination. We are the ones who decide if we want to be happy or unhappy. Staying depressed over the results would not benefit me in any way. However, being optimistic would give me the ability to change negative into positive. Thus, I always strive to stay positive in all circumstances.

Life is not a bed of roses. It has its ups and downs. The only way to overcome difficulties and achieve success is to change our thinking. That is what I believe.